



THE COACH'S ASTHMA CLIPBOARD PROGRAM

WINNING WITH ASTHMA



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Winning With Asthma:
The Coach's Asthma Clipboard Program
January 2006 – January 2007
One Year Report



The Coach's Asthma Clipboard Program WINNING WITH ASTHMA

Year-end Program Update Report

January 11, 2006 – January 11, 2007

The Coach's Asthma Clipboard Program (CACP) was launched January 11, 2006 in Minnesota and Utah, but the word quickly spread to neighboring states. The 30-minute educational program, available online at www.WinningWithAsthma.org, is one of the first of its kind. It encourages those involved in youth sports, especially coaches, to understand how to help athletes properly manage their asthma during athletic events. The program is built in Flash Media 8 and teaches proper medication management, ways to prevent exercise-induced asthma, steps to take when athletes are experiencing asthma attacks, asthma triggers-what they are and what can be done to avoid them, and guidelines specific for cold-weather sports. Those who complete the program receive a booklet with additional asthma information and a coach's clipboard with "What to Do During an Asthma Attack" printed on the back. Pre- and post-test surveys are also part of the program to evaluate its effectiveness.

The following report is a summary of Coach's Asthma Clipboard Program's first year and includes reports on what people are saying, demographics, Web trends and overall change in the pre- and post-tests.

At a Glance:

Total who visited the Web site: 7,269 visitors

Total who completed the program and provided demographic information: 559

States/organizations using the program (through May 2007):

Colorado, Mesa County Living Well Program

Illinois, American Lung Association (ALA) of Metropolitan Chicago

Indiana, Asthma Alliance of Indianapolis

Minnesota (Asthma and STEPS)

North Dakota American Lung Association (ALA)

Utah Asthma Program

What are people saying?

"Excellent material. A real eye-opener."

"This was a great video that would be beneficial to more than just coaches."

"Very informative for me as a coach and a parent."

*"I am not a coach. I am the school nurse at an elementary school. This is great and I am sending it to all our schools for the nurses to send out to the coaches.
Thank you so much."*

"Good information, been looking for something like this for awhile . . ."

"This was VERY helpful; thank you."

"This was a great way to educate people who work with athletes with asthma. Thanks!"

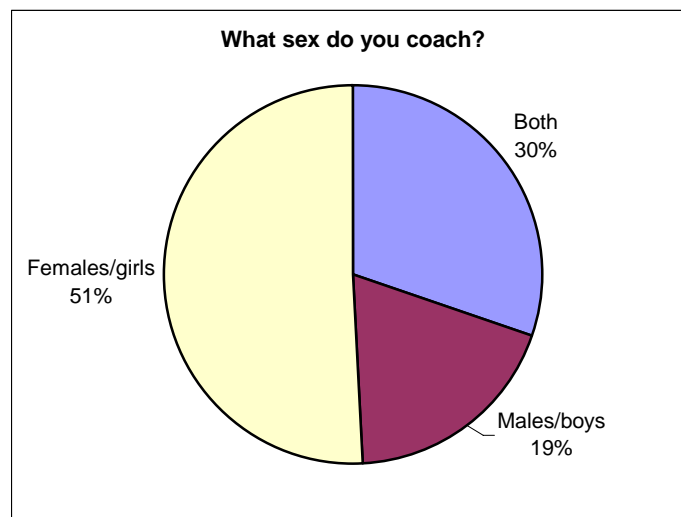
"I'm not a coach; I'm a parent of a child who has asthma. I loved this video. I will pass this site on to the coaches of my daughter's school."

"Great program. It is well organized and very helpful. I intend to give this information to all the coaches in the district. Also to band instructor and YBL coaches."

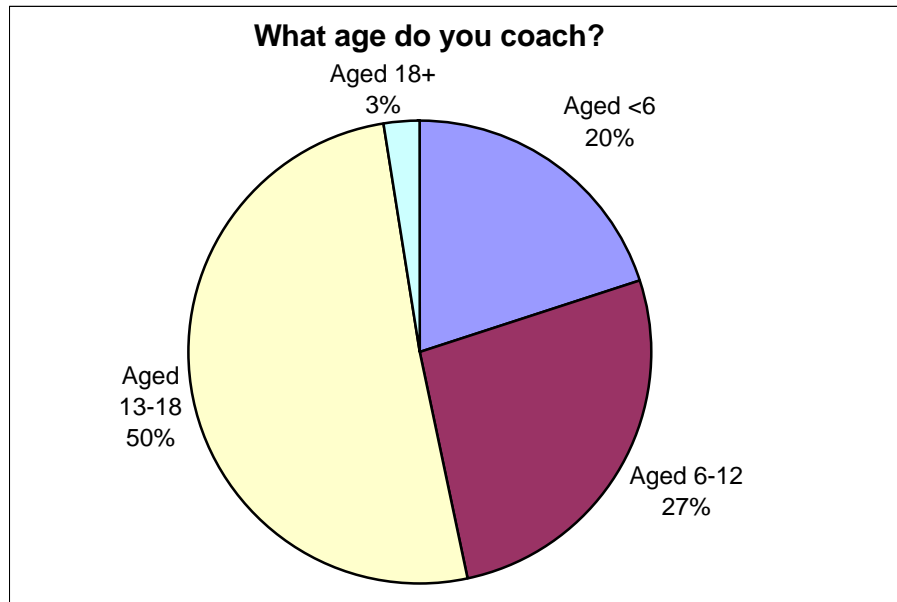
"I am glad that this was offered and I am going to insist that all of my assistants take the time to review it as well. This has prepared me better for the upcoming season."

Demographic Information

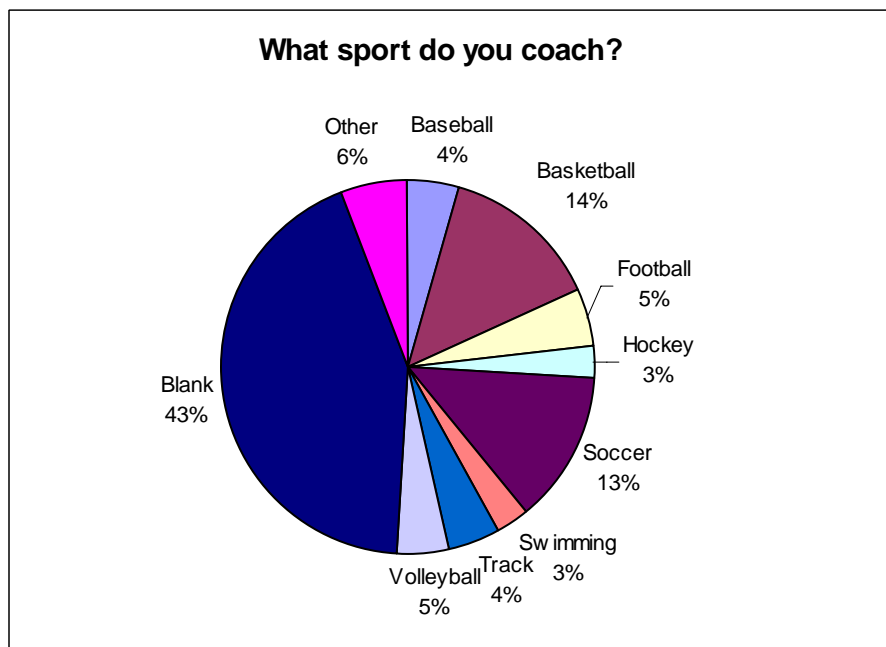
The Coach's Asthma Clipboard Program collects demographic information at the end of the program as part of the request to receive a free Coach's Clipboard.



Most participants (51%) coached, refereed or taught females/girls.



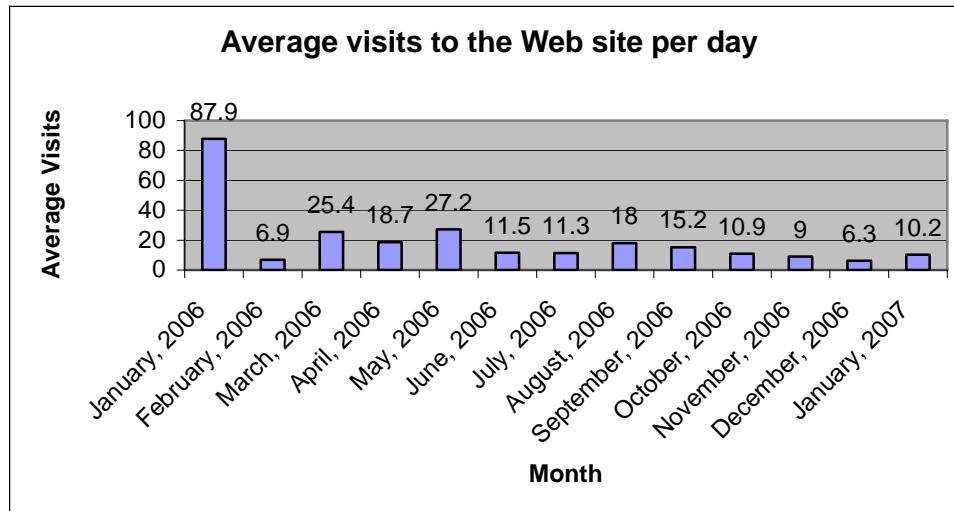
Most participants (50%) coached, refereed, or taught youth aged 13-18.



The sports most commonly coached, refereed, or taught by participants were basketball (14%) followed by soccer (13%).

Web trends

The Coach's Asthma Clipboard Project is housed on the Utah Department of Health's server and information obtained through the *Summary Log Analysis Software* provides data about usage, Web server log analysis and traffic monitoring.



Overall Change in Knowledge

The Winning With Asthma Program collects pre- and post-test information, titled, "Let's See What You Know?" and "Let's See What You Have Learned?" respectively on the program. The pre- and post-tests consist of eight identical question sets. A breakdown of the percentage answered correctly and the change between pre- and post-test is below.

Question #	Pre-test (Percent answered correctly)	Post-test (Percent answered correctly)	% Change
1	55%	71%	+16%
2	80%	94%	+14%
3	94%	98%	+4%
4	72%	90%	+18%
5	92%	99%	+7%
6	91%	97%	+6%
7	61%	81%	+20%
8	99%	99%	***

*** Too small a change to report.

Note: The wording in questions 1 and 7 was changed slightly, effective August 1, 2006, to improve understanding. The complete percentages of pre- and post-test questions answered correctly, including the before and after for questions 1 and 7, are included in the appendix.

Major Findings:

- Questions 1, 2, 4, 7 showed a more than 10% improvement between the pre- and post-test questions.
- More than 90% of participants answered questions 2, 3, 4, 5, 6, and 8 correctly on the post-test.
- Wording changes in questions 1 and 7 were appropriate and show improvement in knowledge. (Refer to the appendix for the complete breakdown for the percentage answered correctly for questions 1 and 7 before and after the question revision.)

APPENDIX

Results: Pre-test (Correct answers in bold)

Total N = 559

January 11 – July 31, 2006, N=445

August 1, 2006 – January 11, 2006 N=114

Question 1: For an athlete whose asthma is in good control, which is not true? (Original Question through July 2006)

N= 455

- a) Has no symptoms during the day or night
- b) Is not able to participate in sports like other athletes (48%)**
- c) Has normal or near normal lung functions
- d) Has no to minimal side effects to asthma medications

Revised Question 1: Which statement is TRUE?: An athlete whose asthma is well controlled:

- a) Only has asthma symptoms at night.
- b) Can participate in sports like other athletes. (82%)**
- c) Still has abnormal lung function.
- d) Should never warm up before exercise.

Question 2: What happens in the airways of people whose asthma is poorly controlled?

- a) Swelling of the airways
- b) Excessive mucus production
- c) Spasms of muscles surrounding the airway (bronchospasm)
- d) B&C only**
- e) A, B & C (80%)**

Question 3: You should call 911 if an athlete is having which of the following symptoms?

- a) Rescue medication (albuterol or pirbuterol (Maxair)) is not relieving breathing difficulties, is not available, or used too recently to take again
- b) Lips or nail beds are bluish or dusky gray
- c) Peak flow reading moving from yellow zone to red zone
- d) Rapidly deteriorating symptoms (you are worried how to get through the next 20 minutes)**
- e) Any one or more of the symptoms in A – D (94%)**

Question 4: What is recommended to prevent exercise-induced asthma (EIA) symptoms?

- a) After an athlete has started competition and already having difficulty breathing, he/she should take pre-exercise medications (Albuterol or Pirbuterol)

- b) Warming-up and stretching before strenuous aerobic activity
- c) Take rescue (quick-relief) medications 10-15 minutes before beginning aerobic activity
- d) Avoiding strenuous exercise or aerobic sports activities
- e) B&C only (72%)**

Question 5: Athletes should return to competition only when they can breathe easily and are free of asthma symptoms?

- a) True (92%)**
- b) False

Question 6: Some athletes must take medications every day to prevent symptoms or episodes from developing. These medications are called “controller or preventive” medications and are not used as emergency rescue medications.

- a) True (91%)**
- b) False

Question 7: What items are used to help evaluate asthma symptoms and lung function? (Original question through July 2006).

- a) Peak Flow Meter (PFM)
- b) Asthma Action Plan (AAP)
- c) Nebulizer
- d) A&B (60%)**
- e) B&C

Revised Question 7: What item(s) is/are used to evaluate lung function and provide information on asthma symptoms and medications?

- a) Peak flow meter
- b) Asthma action plan
- c) Nebulizer
- d) A & B (63%)**
- e) B & C

Question 8: Parents should always inform the coach that their child has asthma and provide him/her with an asthma action plan (AAP), discuss proper symptom management for when the child is under the direction of the Coach?

- a) True (99%)**
- b) False

Results: Post-test (Correct answers in bold)

Total N = 559

January 11 – July 31, 2006, N=445

August 1, 2006 – January 11, 2006 N=114

Question 1: An athlete whose asthma is well controlled, which is TRUE:

- a) Has no symptoms during the day or night
- b) Is not able to participate in sports like other athletes (71%)**
- c) Has normal or near normal lung functions
- d) Has no to minimal side effects to asthma medications

Revised Question 1: An athlete whose asthma is well controlled, which is TRUE:

- a) Only has asthma symptoms at night.
- b) Can participate in sports like other athletes. (97%)**
- c) Still has abnormal lung function.
- d) Should never warm up before exercise.

Question 2: What happens in the airways of people whose asthma is poorly controlled?

- a) Swelling of the airways
- b) Excessive mucus production
- c) Spasms of muscles surrounding the airway (bronchospasm)
- d) B&C only
- e) A, B & C (94%)**

Question 3: You should call 911 if an athlete is having which of the following symptoms?

- a) Rescue medication (albuterol or pirbuterol (Maxair)) is not relieving breathing difficulties, is not available, or used too recently to take again.
- b) Lips or nail beds are bluish or dusky gray
- c) Peak flow reading moving from yellow zone to red zone
- d) Rapidly deteriorating symptoms (you are worried how to get through the next 20 minutes)
- e) Any one or more of the symptoms in A – D (98%)**

Question 4: What is recommended to prevent exercise-induced asthma (EIA) symptoms?

- a) After an athlete has started competition and already having difficulty breathing, he/she should take pre-exercise medications (Albuterol or Pirbuterol)
- b) Warming-up and stretching before strenuous aerobic activity
- c) Take rescue (quick-relief) medications 10-15 minutes before beginning aerobic activity
- d) Avoiding strenuous exercise or aerobic sports activities
- e) B&C only (90%)**

Question 5: Athletes should return to competition only when they can breathe easily and are free of asthma symptoms?

- a) **True (99%)**
- b) False

Question 6: Some athletes must take medications every day to prevent symptoms or episodes from developing. These medications are called “controller or preventive” medications and are not used as emergency rescue medications.

- a) **True (97%)**
- b) False

Question 7: What items are used to help evaluate asthma symptoms and lung function?

- a) Peak Flow Meter (PFM)
- b) Asthma Action Plan (AAP)
- c) Nebulizer
- d) **A&B (81%)**
- e) B&C

Revised Question 7: What item(s) is/are used to evaluate lung function and provide information on asthma symptoms and medications?

- a) Peak flow meter
- b) Asthma action plan
- c) Nebulizer
- d) **A & B (83%)**
- e) B & C

Question 8: Parents should always inform the coach that their child has asthma and provide him/her with an asthma action plan (AAP), discuss proper symptom management for when the child is under the direction of the Coach?

- a) **True (99%)**
- b) False